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Housekeepers's Chat

Monday, July 21, 1930

NOT FOR PUBLICATION

Subject: "Questions and Answers." Approved by Bureau of Home Economics, U.S.D.A. Program includes menu and two recipes.

Leaflet available: "Eggs at Any Meal," and "Canning Fruits and Vegetables at Home."

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Did you ever serve a dish called "Poached Egg Surprise?" Well I'm telling you -- it makes a big hit. If, at the same meal, you have a Quick Blueberry Pudding, your success as a culinary expert is assured.

This morning I'm going to give you two new recipes -- the one for the Poached Egg Surprise, and the one for the Quick Blueberry Pudding. Let's begin with the menu, and then see what questions are lying in wait.

The menu includes Poached Egg Surprise; Lima Beans; Fried Tomatoes; and Quick Huckleberry or Blueberry Pudding.

First, the recipe for Poached Egg Surprise, with 8 ingredients:

1 pint milk	2 tablespoons finely chopped green
4 tablespoons butter	pepper
3 tablespoons flour	6 eggs
1/2 teaspoon salt	6 large rounds toasted bread, and
	1/2 pound soft sharp-flavored cheese

Eight ingredients, for Poached Eggs Surprise: (Repeat).

Prepare a cream sauce of the milk, butter, flour, and salt. Add the green pepper. Cover the toast with thin slices of cheese. Meantime, poach the eggs in salted water until firm, place on the cheese, and pour the hot sauce over all. Serve at once.

Next, the Quick Blueberry Pudding. Only seven ingredients, for this delicious dessert:

1 quart blueberries	2 cups soft bread crumbs
1 cup sugar	2 tablespoons melted butter
1/2 cup water	1 tablespoon lemon juice, if desired
1/2 teaspoon salt.	

Seven ingredients, for Quick Blueberry Pudding: (Repeat).

Pick over the berries. Wash and drain. Mix with the sugar, water, and salt. Boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice, and serve the pudding while still warm, with plain or whipped cream.

To repeat the menu: Poached Eggs Surprise; Lima Beans; Fried Tomatoes; and Quick Huckleberry or Blueberry Pudding. There's a recipe for Fried Tomatoes in the Radio Cookbook.

Now let's see about the questions. They seem to be on the subject of canning today.

First question: "How long should vegetables be cooked before they are packed hot into the cans?"

Answer: In home canning, vegetables should always be cooked until they are thoroughly wilted and shrunken before they are packed hot into the cans and processed. The length of time for cooking varies with the different vegetables but are included in the directions for canning vegetables given in Farmers' Bulletin No. 1471.

Second question: "Is oven canning satisfactory?"

Answer: In oven canning, the temperature of the food inside the cans goes very little above the boiling point even when the oven thermometer or regulator shows 400 or 500 degrees Fahrenheit. To bring the material to a higher temperature you must have pressure as in a steam pressure canner. The boiling point is a safe temperature for processing fruit and tomatoes but not for meats and such vegetables as corn, beans, peas, and greens. To destroy the bacteria which are likely to cause spoilage in all vegetables except tomatoes, the higher temperature of the steam pressure canner is needed. Oven canning is satisfactory for fruits and tomatoes only.

Last question: "Must I have a steam pressure canner to can string beans?"

Answer: Practical experience and research have demonstrated time and time again that such vegetables as string beans, asparagus, corn, peas, beets, spinach, as well as fish and meats, must be canned under pressure to be safe from the bacteria which cause spoilage in these foods.

The canning bulletin (F. B. 1471) tells all this about the home canning of fruits and vegetables, and a lot more. If you are doing any home canning, it's not a bad idea to have this bulletin right in the kitchen with you. The Department of Agriculture at Washington will send you the canning bulletin free. Just ask for "Home Canning of Fruits and Vegetables."

Tuesday: "Fall Gardens — How to Have a Supply of Fresh Vegetables for Fall and Winter."

